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Transforming Health

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March 23rd 2011: Vegetarian—To be or not to be?

This week I am interviewing a 100% Raw Food Vegan who does not believe that this is the optimal diet for most people. If you have ever wondered if a vegetarian or vegan lifestyle is right for you, tune in this week to find out the pro's and con's of making the switch. If you are already a vegetarian or vegan, tune in to find out how you can take your health to the next level by avoiding the most common mistakes that vegetarians make.



Tune in

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Featured Guest

Guest Image

Shawn Stevenson

Shawn Stevenson is a Professional Nutritionist specializing in biochemistry and kinesiological science, as well as advanced treatment for acute and chronic disorders. He is the author of several books including The Key to Quantum Health and The Fat Loss Code.

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